



January 2016

Dear Friend:

This Directory provides an alphabetical listing of services and benefits provided to Saratoga County residents, age 60 and older. The services listed are either provided directly by the Saratoga County Office for the Aging or are available because of a contract with another agency. The Saratoga County Office for the Aging receives its funding from the Federal government under Title III of the Older Americans Act, as amended, the New York State Office for the Aging, and local municipalities. Many of the programs and services offered through the Office for the Aging are of no cost to the participant.

If you have any questions regarding the scope of any of these programs or the eligibility requirements, you may call (518) 884-4100 or visit our office at 152 West High Street, Ballston Spa. Our office hours are Monday through Friday from 9:00 a.m. to 5:00 p.m. or visit our web page at www.saratogacountyny.gov.

Sincerely,

Sandra M. Cross
Director

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ADULT DAY CARE

Wesley Evergreen Adult Day Services
357 Milton Avenue
Ballston Spa NY 12020
(518) 691-1445
www.wesleyhealth.com

This program offers daily supervised structured activities for the frail and socially impaired elderly, giving them an opportunity for stimulation and new friendships. Those appropriate to attend are individuals who are experiencing difficulty with tasks of every day living and are partially dependent on others. They must also be ambulatory, continent and non-abusive. Also offered are exercise programs, special trips, recreation and games, counseling, a nutritious noon meal, transportation and more.

CAREGIVER SUPPORT PROGRAM

The Office for the Aging sponsors a Caregiver Program to assist caregivers by giving them relief from the burdens of caregiving. Services offered by this program include information and assistance, counseling, information about support group meetings and respite care services. For respite care services, care receivers must be over 60, a resident of Saratoga County and have deficiencies in at least two activities of daily living. Caregivers must also be over the age of 60 and provide caregiving on a (24/7) full-time basis. Contact the Office for the Aging for further information.

CASE MANAGEMENT

Caseworkers from the Office for the Aging can assist those over the age of 60 without family supports with applying for benefits, budgeting and advocacy on their behalf in obtaining such benefits. Staff members work directly with clients, usually in their homes, to provide assistance with a wide range of matters. Contact the Office for the Aging for assistance.

CDTA HALF-FARE CARD

Every Tuesday from 2:00 to 4:00 p.m. CDTA Half-Fare cards are available to those 65 and over and to disabled individuals. Please bring picture identification, proof of age or disability and county residency when applying. If you are disabled, you need to be certified as having mobility impairment and you will need to show proof of disability

under SSDI, SSI or VA. There is a fee. Contact CDTA at 437-8300 or www.cdta.org for more information.

EISEP

The Expanded In-Home Services for the Elderly Program (EISEP) offers non-medical, in home services (housekeeper/chore and/or personal care) and case management to individuals meeting eligibility requirements. There is a possibility of cost sharing. Contact the Office for the Aging for information.

EMERGENCY RESPONSE SYSTEMS

An emergency response system is an electronic device designed to let clients summon help in the event of an emergency. We offer these on a limited basis at no cost to the client. Guidelines apply. Call the Office for the Aging at 884-4100 for more information.

EMPLOYMENT

Title V Senior Employment - Employment and Training Administration provides part-time employment, classroom instruction and on-the-job training to eligible persons age 55 and over. For information and requirements, call 884-4170.

ENERGY ASSISTANCE

Home Energy Assistance Program (HEAP) is a federally funded program which can help low income people contend with the high cost of heating their homes during the winter months. HEAP provides a one-time benefit per heating season which is credited to your heating account. Persons 60 years of age and older may apply for a regular benefit by mail through the Office for the Aging. There are income eligibility requirements for this program. In addition, emergency benefits are available by applying in person. Call 884-4111 for more information.

Emergency furnace repair applications can be made at the DEPARTMENT OF SOCIAL SERVICES. Call 884-4146 for more information.

HEALTH INSURANCE COUNSELING PROGRAM

The Health Insurance Information, Counseling and Assistance Program (HIICAP) sponsored by the Office for the Aging provides trained staff and volunteers to answer questions and provide confidential information. HIICAP counselors can provide information about Medicare A, B & D, Medicare Supplemental Insurance, QMB, EPIC, SLMB, QI1 and the low income subsidy. One to one counseling is available by

appointment only. Call the Office for the Aging at 884-4100 for more details including volunteer opportunities.

HEALTH CARE SCREENING

Through a contract with Saratoga County Public Health, screenings for blood cholesterol, glucose and blood pressure are provided at multi-purpose senior centers and nutrition sites. Call the Office for the Aging at 884-4100 for dates and locations.

INCOME TAX PREPARATION

Volunteers from the American Association of Retired Persons (AARP) are available at several locations throughout the County to assist seniors in the preparation of income tax returns. The volunteers are at the Office for the Aging on Mondays from February to April only. Call 884-4100 for information and to schedule an appointment.

INFORMATION AND REFERRAL

In addition to this Directory, the Office for the Aging provides information and referral to the public about services available to individuals over 60 years of age. We also maintain a list of senior housing and senior clubs and centers. These lists are available upon request by calling the Office for the Aging or by accessing our web page at www.saratogacountyny.gov.

LEGAL SERVICES

Legal advice is available to all seniors over age 60 throughout the County through a contract with private attorneys. The attorneys **do not** participate in litigation or attend court on behalf of clients. Legal education on a wide range of topics are also offered at clubs, centers and nutrition sites upon request. Appointments are required. Call 884-4100.

NUTRITION

HOME DELIVERED MEALS - A hot, nutritious noon time meal is delivered to home-bound seniors throughout Saratoga County. Evening and weekend meals as well as holiday meals are also available. Suggested contribution is \$2.00 per meal; however no one over the age of 60 is denied a meal because of their inability to contribute. **Guidelines apply.** Call 363-4020 or 884-4100 for additional information.

NUTRITION EDUCATION/NUTRITION COUNSELING – The Office for the Aging contracts with a registered dietician who is available to do presentations at nutrition sites as well as one-to-one counseling with individuals. Call 884-4100 for more information.

60+ DINING PROGRAM – Serves a hot, nutritious noon time meal at many locations throughout the County. Meals are served Monday through Friday. Reservations must be made at least one day in advance. While the suggested contribution is \$2.00 per meal, all persons over the age of 60 are served regardless of their ability to contribute. Guests pay \$6.00 per meal. For information, call 884-4100. The nutrition sites are as follows:

Ballston Spa	Ballston Town Hall	885-8502
Ballston Spa	Doubleday Woods	885-4573
Clifton Park	Shenendehowa Adult Community Center	383-1343
Corinth	Corinth Senior Center	654-2040
Edinburg	Edinburg Town Hall	863-2793
Galway	Galway Town Hall	882-6070
Greenfield Center	Greenfield Community Center	893-7644
Hadley	Hadley Senior Center	696-4886
Halfmoon	Halfmoon Senior Center	371-3892
Malta	Malta Community Center	899-4411
Mechanicville	Mechanicville Senior Center	664-3924
Saratoga Springs	Saratoga Springs Senior Center	584-1621
Schuylerville	Saratoga Town Hall	695-3644
South Glens Falls	Moreau Community Center	792-6007
Waterford	Grace Episcopal Church	237-9191

TRANSPORTATION

Transportation is available in the following areas. Please call at least 24 hours in advance to make reservations. Providers can require reservations to be made by noon the day prior to an appointment.

<u>Locality</u>	<u>Operator</u>	<u>Telephone</u>
Ballston, Malta, Milton, Wilton Greenfield & Northumberland	A & H Services	884-4100
Charlton, Galway, Providence, Edinburg & Town of Saratoga	A & H Services	884-4100
Clifton Park	Town of Clifton Park & Shenendehowa Seniors	371-4444

Corinth	Corinth Senior Center	654-2040
Day	Town of Day	696-3789 Ext 3
Halfmoon	Town of Halfmoon Call 9 am – 1pm	664-2186
Mechanicville (Public Safety)	City of Mechanicville	664-5651
Moreau	Town of Moreau	792-6007
Saratoga Springs	A & H Services	884-4100
Saratoga County residents to medical appointments in and out of county	Office for the Aging Senior Transport	884-4100
Saratoga County	Veterans Agency	884-4115
Scheduled bus routes	CDTA	482-8822
Stillwater	Community Committee on Eldercare (CCEC)	664-6856 Ext 18
Town & Village Ballston Spa/Milton Malta (medical only)	Wellness Express (Community Human Services)	399-4624
Waterford (Medical only)	Town of Waterford	235-8500 527-4589

VOLUNTEER OPPORTUNITIES

HOME DELIVERED MEALS - Offers individuals the opportunity to deliver seniors a hot noontime meal throughout Saratoga County. There are fixed routes in each town in the county. Volunteers may deliver as often as one chooses; one time a week, one time a month. For information, call 363-4020.

RETIRED SENIOR VOLUNTEER PROGRAM – Part of the Corporation for National and Community Service and sponsored by the Saratoga County Office for the

Aging. RSVP offers a wide range of opportunities for volunteers 55 years of age or older and helps to find the right match for each individual. Your experience and skills will support service and volunteering programs to improve lives, strengthen communities, and foster civic engagement. Volunteers are covered by accident, personal liability and excess automobile liability insurance while volunteering. For more information call 884-4110.

ADDITIONAL RESOURCES

Department of Health
www.health.state.ny.us
518-383-8608

The Department of Health's webpage contains information about birth, death, marriage and divorce records, health insurance programs, hospitals, nursing homes and other health care facilities as well as diseases and conditions.

Eldercare Locator
www.eldercare.gov

Offers toll free assistance in identifying community resources for seniors nationwide. Call 1-800-677-1116.

Medicare
www.medicare.gov
1-800-633-4227

Medicare Rights Center
www.medicarerights.org
1-800-333-4114

National, non-profit consumer organization that works to ensure access to affordable health care for older adults and people with disabilities through counseling and advocacy, educational programs and public policy initiatives.

My Benefits
www.nybenefitsny.gov

On-line tool for getting information on New York State programs and services.

NAMI and NIMH are the top two national resources for concise summaries on mental illness and its treatment.

NAMI

National Alliance for the Mentally Ill

www.nami.org

1-800-950-NAMI (6264)

NIMH

National Institute of Mental Health

www.nimh.nih.gov

1-866-615-NIMH (6464)

New York State Partnership for Long-Term Care

www.nyspltc.org

1-866-950-7526

NY StateWide Action Council

www.nysenior.org

1-800-333-4374

The toll-free Patients Rights Helpline is in operation from 9 a.m. to 5 p.m., Monday through Friday. StateWide was organized in 1972 to achieve dignity, well being and security for all senior citizens in New York State. We provide direct service through our helpline and counseling services and provide information to educate the community as well as state and federal policymakers on issues of importance to older New Yorkers

Social Security Administration

www.ssa.gov

1-800-772-1213

The Social Security Administration pays retirement, disability and survivors benefits to workers and their families, administers the Supplemental Security Income program and issues Social Security numbers. Medicare cards are also issued by the Social Security Administration.

Social Security has a toll-free number that operates from 7 a.m. to 7 p.m., Monday through Friday. If you have a touch-tone phone, recorded information and services are available 24 hours a day, including weekends and holidays. People who are deaf or hard of hearing may call the toll-free TTY number, 1-800-325-0778, between 7 a.m. and 7 p.m. on Monday through Friday. Please have your Social Security number handy when you call them.

IN AN EMERGENCY

When calling 911 to report an emergency or if you, yourself require medical, fire or police assistance, please help yourself by remembering the following:

Stay calm and do not panic. The person taking your call is a trained professional.

The person taking your call will require certain information:

- **Location of your emergency
- ** Type of emergency
- ** Your name
- ** Address
- ** Phone number

Lastly, do not hang up unless staying on the phone will place you in danger. Stay on the phone until the dispatcher tells you to hang up.

SPECIAL NEEDS REGISTRY

Saratoga County's Office of Emergency Services also maintains a special needs registry for those individuals needing special assistance during an emergency. If you feel that you would need assistance in the event of an emergency such as a power outage, contact the Office of Emergency Services at 885-2232 to be registered in the program.